

# ABA Tip Sheet

## Accessing ABA Services for Your Child



To get ABA services, ask your child's health care provider for a prescription with your child's autism diagnosis. Insurance companies require the prescription and a copy of the autism evaluation.

### Kids diagnosed with ASD under age 3

Contact **Early Intervention**  
to request an evaluation for therapy  
1-888-653-4463

Some therapies include developmental intervention, speech therapy, occupational therapy, and physical therapy

Note

Applied Behavior Analysis (ABA) is not an approved service through Early Intervention. Once your child is evaluated, talk with your service coordinator to assign a provider who uses an approved curriculum for children with autism.

If you feel that your child's needs are not being met and you are unable to resolve your concerns with your practitioner or service coordinator, contact the New Jersey Office of Procedural Safeguards at 609-777-7734 or 1-877-258-6585 for additional assistance.

### Kids diagnosed with ASD over age 3

Contact **your local school district**  
to request a  
Child Study Team Evaluation

School districts can provide related services including speech therapy, occupational therapy, physical therapy, and ABA therapy

Note

For additional assistance with special education services, please refer to the Children's Specialized Hospital IEP Reference Guide which provides a sample letter to request a Child Study Team evaluation.

If you feel that your child's needs are not being met and you are unable to resolve your concerns with your school district, please refer to the New Jersey Department of Education [Parental Rights in Special Education \(PRISE\)](#) booklet.





If your child is referred for outpatient ABA, immediate or emergency ABA therapy is not available. Referrals to PerformCare for behavioral intervention are only immediate support and are not ABA therapy. Most ABA services have waiting lists.

## Private Insurance

Call your insurance company directly to determine if ABA is a covered benefit.

If your insurance does not cover ABA, you can apply for Developmental Disability (DD) eligibility through PerformCare. If your child is determined DD eligible, ABA therapy could be one of the services provided.

If you have computer access, visit [performcarenj.org](http://performcarenj.org) or click on the link below to apply for PerformCare Developmental Disability eligibility:



If you do not have access to a computer, call PerformCare at [1-877-652-7624](tel:1-877-652-7624) and request a paper application by mail.

## Medicaid Insurance

Call your insurance company directly to get a provider list or put your child on a waiting list for services.



Before placing your child on a waiting list, insurance companies will require:

- a prescription for ABA services
- a copy of an autism evaluation

You can also reach out to ABA agencies directly to check if your insurance is accepted and to get placed on their waiting lists.

It can take at least 3 months for applications to be reviewed. If your child is deemed eligible, there are often waiting lists for services to begin.

If your child does not have insurance coverage, PerformCare Developmental Disability eligibility, or if assistance is needed with insurance copays, you can apply for grant funds to help with out of pocket expenses.



Through a partnership with Kohl's Cares, Children's Specialized Hospital is improving access to care for children with special healthcare needs.



[RWJBH.org/CSH](http://RWJBH.org/CSH)